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metroLIFE

BRINGING BACK THE BELUGAS

Despite inconclusive investigation into Vancouver Aquarium deaths

metroNEWS

Aurora and her calf Qila, died last fall within nine days of each other, re-igniting an old debate on whether cetaceans should be kept in captivity.
COURTESY MEIGHAN MAKARCHUK

'Political bravery' needed to stop overdoses

OPIOID CRISIS

Advocates calling on health minister to take action

David P. Ball & Jen St. Denis
Metro | Vancouver

British Columbia's health minister, who is not running for reelection in May, must show some "political bravery" and immediately begin prescribing regulated heroin to hard-to-treat opioid users, addictions advocates said Monday.

Karen Ward, with the Vancouver Area Network of Drug Users (VANDU), issued the demand a day before Tuesday's national day of action on the opioid crisis, which claimed 914 B.C. lives last year.

Ward said that even just tripling the current 140 graduates of a landmark Vancouver prescription heroin study, SALOME, who are allowed to receive the drug, would save many lives.

"It would take some political bravery to do it," she said. "But surely this is the bravery that's required."

Metro requested an interview Monday morning with Health Minister Terry Lake, who was unavailable, but who last month told The Canadian Press he might support expanding prescription heroin — "but we need the evidence first."

"People tell me, 'Yes, you should just do it,'" he said, "but you have to be careful of any potential unintended consequences."

He later told the Province newspaper: "I know a lot of people are passionate about it, but I also know there are people with strong reservations about (prescription heroin) … What I don't want to do is take two steps backwards because you get a negative backlash."

Ward countered that she found Lake's stance "a little disingenuous."

"This is a politician who wields a great deal of power to change minds on issues like this … in his words, to bring people along and see the sense of programs like this," she said. "Personally, I think there is broad public support, when they hear how it works and the testimony of people with lived experience, they say, 'Geez, why aren't we doing this?'"

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metro NEWS
Your essential daily news

Quebec's maple syrup producers demand more freedoms to compete. **Canada**

Landlord helps keep block 'alive'

ENTREPRENEURS

Indie businesses thriving amid pressures of development

Jen St. Denis
Metro | Vancouver

When the Mount Pleasant comic book store he worked for went out of business, Nick Paraschos and another employee decided to open their own store. JEN ST. DENIS/METRO

An unassuming two-storey commercial block at Main and Kingsway hosts a vibrant cluster of restaurants, book stores, record shops and artist studios. JEN ST. DENIS/METRO

Amid sharply rising property values and development pressures, one group of independent retailers in Vancouver's Mount Pleasant neighbourhood have a distinct advantage: a landlord with an agenda.

"He wants this block to be alive," said Nick Paraschos, the co-owner of a yet-to-be-named comic book store in the distinctive grey two-storey, triangle-shaped building on Main Street between Kingsway and Broadway.

The former RxComics went out of business in January, but Paraschos and another former employee decided to take over the lease and open up their own shop.

The building also houses hipster coffee shop Gene, Budgie's Burritos, Dandelion Records, Pulp Fiction Books and several restaurants. Artists rent studio space on the second floor. The landlord keeps rents relatively low, and makes an effort to fill the building with independent businesses, say tenants.

"One of the reasons that Mount Pleasant is so good is that we do have landowners who care," said Mike Wiebe, a board member of the Mount Pleasant Business Improvement Association. "Those landowners should be appreciated because they're making a difference by vetting the people who come in and not just putting in a pot shop."

Small businesses across Vancouver are facing rising costs this year. With an average 40 per cent property assessment increase throughout Business Improvement Areas in the city, many will be hit with increased property tax costs this year, which commercial landlords pass on directly to most tenant businesses.

Mount Pleasant is one of the "hot spot" areas, with several new condos being built nearby and another area rezoned for tech industry office space. Businesses on Main Street between 7th and 2th Avenue, adjacent to the new "digital zone," have seen average property value increases of 100 per cent, Wiebe said.

> **One of the reasons that Mount Pleasant is so good is that we do have landowners who care.**
> Mike Wiebe

"Speculation is hurting the neighbourhood," he said.

Christopher Brayshaw, the owner of Pulp Fiction Books, also rents in the same building as Paraschos. Brayshaw now expects double-digit property assessment increases every year, but says he's been able to keep up with the rising cost because his business makes more revenue every year.

From his perspective, the area is as vibrant as ever. Wiebe added that while a well-known restaurant, The Foundation, recently closed its doors, a local restaurant owner has shown interest in the space.

Like many businesses, Brayshaw is paying the commercial tax rate on the potential to build condos, even though the landlord has no plans to develop the property.

Brayshaw would like to see the province allow split assessments, where businesses pay the lower residential property tax rate on the yet-to-be-developed condos.

Paraschos hopes this year's extreme property assessment increase was a one-time phenomenon. And he thinks the city should think about rewarding property owners who are making an effort to support independent businesses, not just speculating on future real estate deals.

"If it is a small property owner that owns the business," he said, "maybe they should look into assisting those property owners with tax savings or incentives."

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Belugas to return to aquarium

CONTROVERSY

Despite not finding clear cause of death of two last year

Wanyee Li
Metro | Vancouver

A trainer places her hand inside the mouth of beluga whale Aurora at the Vancouver Aquarium in 2014. Aurora and her calf died there last fall. As many as five belugas could live in the aquarium's new Arctic exhibit, slated to open spring 2019. THE CANADIAN PRESS

The Vancouver Aquarium announced Monday it will continue keeping belugas in captivity — at least until 2029 — despite not being able to find a definite cause for the death of two belugas in November 2016.

The beluga tank currently sits empty but the Vancouver Aquarium has several belugas on loan out to other facilities in North America and could bring them back once the new Canada's Arctic exhibit is finished in spring 2019, said the aquarium's CEO, John Nightingale.

"We will continue to develop and expand our capacity as a rescue facility and continue to have the ability to provide a long-term home for some non-releasable cetaceans," he said.

The year 2029 is also when the aquarium's licence to occupy its site with the City of Vancouver expires.

Two belugas, Aurora and her calf Qila, died last fall within nine days of each other, reigniting an old debate on whether cetaceans should be kept in captivity.

The aquarium says it is possible "something malicious" happened to cause their deaths and is not ruling out intentional poisoning after a three-month-long investigation, said head veterinarian Dr. Martin Haulena.

The likely culprit, based on scientific evidence, is a toxin that came and went, he told reporters.

"There is no evidence of anything intrinsically wrong with having the whales in that habitat at the time of their mortality."

But cetaceans kept in the new habitat will have the benefit of better security and pest control, he added.

Critics have called on the aquarium to stop keeping cetaceans in captivity altogether, but Nightingale defended his institution's decision to continue its beluga program.

"This institution will be the one and only place in Canada scientists can do research on belugas that are trained to participate," he said.

"None of the animals who live here, or any of the belugas living in other aquariums can go live in the wild. That's a fact."

The aquarium's Arctic exhibit, which may be home to as many as five belugas, will be designed with a "research first" mindset and no belugas in that exhibit will be allowed to breed, he added.

But a Vancouver Humane Society (VHS) spokesperson says un-releasable cetaceans could instead live out their days in a seaside sanctuary, in a pen set up in the ocean.

"We think that would be a much better use of the money," said Peter Fricker, spokesperson for VHS.

He believes the aquarium may be strategically restricting its cetacean program ahead of Vancouver Park Board's discussion ending whale captivity sooner than 2029.

The Vancouver Aquarium is currently home to three cetaceans — two harbour porpoises and one pacific white-sided dolphin.

REAL ESTATE

Numbers show need for more townhomes

Jen St. Denis
Metro | Vancouver

At the end of December, just eight newly completed townhomes were available for sale across the Lower Mainland, according to a developer industry group.

The numbers show the need for municipalities to make more land currently zoned for single-family homes available for townhouses, said Anne McMullin, CEO of the Urban Development Institute.

"We know that demand is very high and as soon as they're built, they're sold," McMullin said.

There are just 26 newly completed concrete condos available for sale across Metro Vancouver, added McMullin. The demand for multi-family means that prices for condos and townhomes is stable or rising, in contrast to the single detached market, where prices have been sliding and few homes are on the market.

The low numbers of available multi-family units shows that municipalities should allow more townhouses and apartment buildings to be built on land currently zoned for single-family homes, McMullin said.

"We have plenty of land — 85 per cent of the land zoned residential is zoned single family," she said. "So the land is there, but it gets released very, very slowly and the demand is so high."

The average price of a townhouse in Vancouver is currently around $1 million.

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About to take a selfie? You may want to rethink that decision, says SFU study.
PROSTOOLEH/FREEPIK

Being online can be bad for selfie esteem

MENTAL HEALTH

Females tend to have more body issues the longer they're connected

Wanyee Li
Metro | Vancouver

The more time girls and young women spend online, the more likely they are to have body image issues, according to a new SFU analysis.

Women ages 12 to 29 who spent more than 20 hours on the Internet every week were three times more likely to be unhappy with how their body looked or their weight, compared to women who spent less than one hour on the Internet, said lead author Allison Carter.

The PhD candidate at SFU's Health Sciences department says her findings demonstrate how important it is for girls to rethink what beauty means.

"The bigger conversation that we should be having about girls and young women is about what defines our worth," she said.

"It's about teaching young girls and women we are more than our physical bodies."

Carter analyzed 3,000 responses from Statistics Canada 2011 data for the study.

For parents looking for answers about how much time on the Internet is too much, the less the better, she said.

"Anything above 10 hours a week, the data shows an association with feeling less satisfied with your body."

The study does not include an explanation as to why increased Internet usage results in body dissatisfaction but Carter says parents and young women should be mindful of the impact certain types of media have on self esteem.

"I would recommend perhaps un-following sites that don't make you feel good and begin following website and groups and people that help you feel good about yourself," she said.

She suggests people follow groups like Vancouver's Raw Beauty or Beauty Redefined, which work to expand the current narrow definition of beauty.

But Carter was quick to add that media's negative impact on body image is not a new problem.

In a comparison with 2003 data, she found levels of body dissatisfaction were similar more recent data, despite people using drastically less internet back then.

"The good news is that levels of body dissatisfaction have not increased from 2003 to 2011 but the ways in which we develop dissatisfaction with our bodies and the sociocultural influences may have changed."

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Ban support not 'fringe'

NEWCOMERS

Poll suggests opposition to refugees more broadly shared

David P. Ball
Metro | Vancouver

A girl from Somalia is held by an RCMP officer, left, as her family is helped across the border near Hemmingford, Que., on Friday. The same day, a young man from Yemen is one of at least 20 arrested, right, after braving the elements to enter Canada. PAUL CHIASSON/THE CANADIAN PRESS

Sunday's Conservative leadership debate in Vancouver continued to raise alarm over the federal Liberals' refugee policies, as the flood of asylum-seekers swells over the U.S. border into Manitoba, Quebec and now even B.C., as Metro reported last week.

But while some have dismissed anti-refugee sentiment as "fringe," a new opinion poll suggests it's more widely shared by Canadians than previously thought, even if it's a minority.

An Angus Reid Institute survey of 1,508 Canadians discovered that one-in-four would support a Donald Trump-style ban on accepting Syrian refugees into the country. That stands in contrast to the widely shared photographs this weekend of smiling Canadian police officers carrying asylum-seeking children across the border. Less widely shared were subsequent images of the same officers arresting and handcuffing some of the refugees.

It appears that not all Canadians are welcoming of the newcomers. More than half, for instance, agreed with the statement: "Too many refugees don't make enough of an effort to fit into mainstream Canadian society."

And two-in-five of those polled, or 38 per cent, believed that "many people in their community would not be welcoming to a refugee family," according to the Feb. 6-9 poll.

"These numbers bear out that it isn't the fringe," said Shachi Kurl, executive director of the non-profit polling organization. "Two-in-five — imagine a family dinner on Sunday night with two of the five people at the table saying it's too many (refugees), and that refugees would not be welcomed by people in their own neighbourhoods."

Generally, however, the survey found that 57 per cent of Canadians broadly support the federal government's quota of accepting 40,000 refugees from Syria this year. But among those who don't agree, Kurl said, there's a "feeling of unease" that is more widespread.

"I think everyone would do well to listen to this and try to understand where it's coming from and what it's motivated by," she said. "This is not something that resides only on the fringes of Canadian society … maybe not by those in government, but it's out there."

On Friday, a small group carrying "Say No to Islam" signs held a protest outside a Toronto mosque, as Muslims prayed inside. Meanwhile, Conservatives have opposed a Liberal MP's motion to combat Islamophobia in the wake of last month's massacre inside a Quebec City mosque, citing freedom of speech.

The Institute conducted its opinion poll online but said the results have the equivalent of a 2.5 per cent margin of error, 19 times out of 20.

HATE

School hit with graffiti

Jen St. Denis
Metro | Vancouver

Students and staff at an East Vancouver high school are "outraged" after an offensive message was painted on a door at the school last night.

The message in black paint reads "Hail Hitler" and is accompanied by a swastika.

Staff moved quickly to remove the message, and it was painted over by 10 a.m. this morning, according to the Vancouver School Board.

"This racist garbage is abhorrent and offensive to everything Gladstone students and parents stand for," said Adrian Dix, NDP MLA for Vancouver-Kingsway.

"Students and parents are pretty outraged that someone would target their school."

Teachers and staff plan to discuss the incident with students as part of Pink Shirt Day this Wednesday, a day public schools set aside to talk about bullying.

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‘Compensate the victims’: Watchdog

MEDICINE

Group says patients should be paid after privacy breach

David P. Ball
Metro | Vancouver

A watchdog demands the province compensate patients whose medical privacy was violated last fall. ANDY DEAN/FOTOLIA

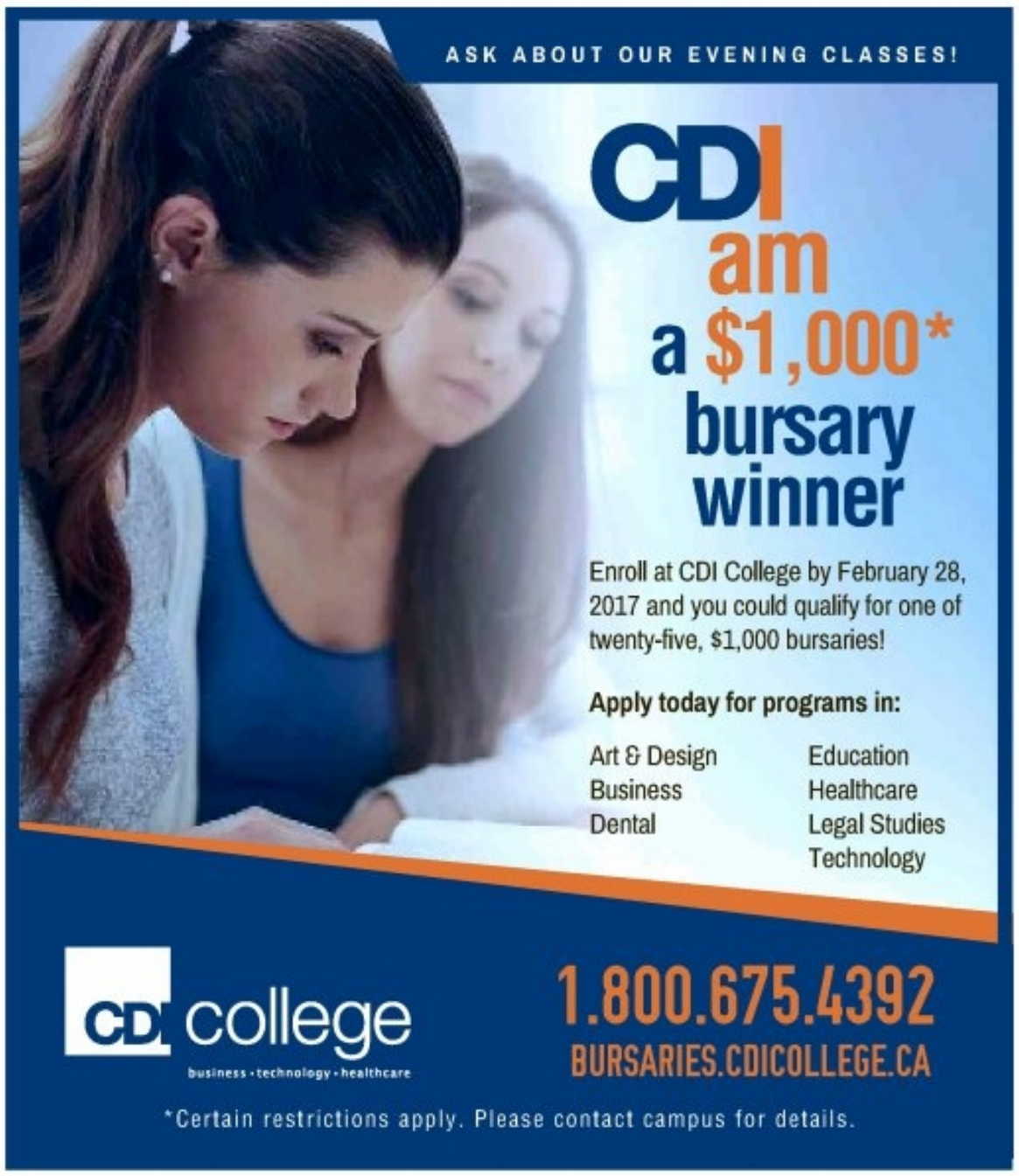
A British Columbia-based privacy watchdog group is calling on the province to compensate the estimated 7,500 patients who had their medical privacy violated.

The demand from the BC Freedom of Information and Privacy Association came Monday after the province admitted that those patients’ files in PharmaNet — B.C.’s centralized prescription database — were accessed at least four “unusual” times since last fall.

The breaches allowed access to patients’ names, addresses, Personal Health Numbers and dates of birth, the ministry cautioned. In more than one per cent of those accessed, the breach included patients’ recent medical history, too. But according to the BC Freedom of Information and Privacy Association, the province’s vow to investigate and fire anyone found responsible — which Premier Christy Clark vowed to do last week — is not enough to fix the damage done.

“It is astounding that the Ministry of Health has not come forward to offer compensation to those affected,” the Association said in a press release, and announced that it had sent a letter to minister Terry Lake calling for him to “cover the costs these victims will have to incur resulting from the failure to adequately protect sensitive personal information.” Lake declined Metro’s request for an interview Monday.

However, a spokeswoman for his ministry emailed a statement noting that the department would work on a “case-by-case basis” with any victims of the breach “if they have concerns that their financial information or that their credit may be compromised,” stated Lori Cascaden in the email.



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Montreal named a sanctuary city

IMMIGRATION

Designation means refugees have full access to local services

Montreal city council passed a motion Monday making it the latest Canadian jurisdiction to declare itself a "sanctuary city" for non-status immigrants.

The designation means undocumented refugees will have full access to local services regardless of their situation, with the city following in the footsteps of Toronto, Hamilton and London, Ont.

Mayor Denis Coderre told reporters he felt compelled to act because of events south of the border.

"One of the reasons I've done that is clearly because of what's happening in the United States and what I'm witnessing in Europe," Coderre said.

In recent weeks, more and more people have flowed illegally across the U.S. border into Canada as President Donald Trump cracks down on illegal immigration and imposes new restrictions on refugees. Canada Border Services Agency says 452 people filed a claim for refugee asylum at Quebec-U.S. land border crossings in January.

Given that current context, several Canadian cities have expressed interest in adopting similar motions, including Ottawa, Saskatoon and Regina.

Toronto became Canada's first sanctuary city in 2013.

Coderre, a former federal immigration minister, assured the measures will go beyond symbolism and help those who need it the most.

Available services would include access to municipal programs and buildings, including libraries and recreation centres, while Coderre said he wants to discuss major issues such as health, housing and education with provincial and federal authorities.

A number of groups told a news conference a few hours before the motion passed that while the gesture would be in good faith, it wouldn't provide the tangible changes to make Montreal truly a sanctuary city.

"He's coming from a good place, I'm not going to deny that," said Jaggi Singh, a spokesman for Solidarity Across Borders. "But it doesn't go far enough." THE CANADIAN PRESS

A family of asylum claimants cross the border into Canada from the U.S. Monday, near Hemmingford, Que. THE CANADIAN PRESS

QUEBEC

Maple syrup producers stuck in the struggle for 'a little freedom'

Quebec, the world's largest producer of maple syrup, is ramping up output as it fends off rising competition from the U.S. and neighbouring provinces as well as a farmer rebellion from within.

The province is adding five million taps over the next two years to its existing 43 million spigots. Simon Trepanier, executive director of the Quebec Maple Syrup Federation, says that is intended to satisfy a growing appetite for the natural sugar, which is increasingly being used as an ingredient in food and drinks.

More than 90 per cent of the record 73 million kilograms of maple syrup made in Canada last year was tapped in Quebec, according to Statistics Canada. Yet the province's near-monopoly over the maple syrup market is loosening.

Despite a 30 per cent increase in production over the last decade, Quebec's share of global output has fallen from a high of about 82 per cent in 2003 to nearly 71 per cent last year, according to data from Statistics Canada and the U.S. Department of Agriculture.

The problem, some say, lies with the tight grip that the Quebec Maple Syrup Federation has over the province's maple syrup producers. The group sets quotas and prices that Quebec sugar shacks have to abide by, requires they sell to authorized buyers and pay an administrative fee on their output.

Angele Grenier, a maple syrup producer in Sainte-Clotilde-de-Beauce, about 100 kilometres south of Quebec City, disagrees.

Grenier has spent $150,000 in legal fees to fight $400,000 in fines for bypassing the federation to sell her syrup to a buyer in New Brunswick. The Supreme Court of Canada has to decide whether to hear an appeal.

"In Quebec, you're not able to have a little freedom," Grenier says. A lot is riding on the court's decision in Grenier's case, says Nicole Varin, a farmer facing about $500,000 in fines for selling maple butter, candy and other products outside the purview of the federation to sugar shacks and small fruit stands.

THE CANADIAN PRESS

Nicole Varin stocks shelves in Oka, Quebec. THE CANADIAN PRESS

GLOBAL DIGEST

Trump taps military strategist to replace Flynn
President Donald Trump has tapped Army Lt. Gen. H.R. McMaster, a prominent military strategist known as a creative thinker, as his new national security adviser, replacing the ousted Michael Flynn.

Trump announced the pick Monday at his Palm Beach, Florida, club and said McMaster is "a man of tremendous talent and tremendous experience." AP

Russia's ambassador to United Nations dies
Russia's ambassador to the United Nations, a veteran diplomat known as a potent, savvy yet personable voice for his country's interests who could both spar and get along with his Western counterparts, died suddenly Monday after falling ill in his office at Russia's UN mission.

Vitaly Churkin was taken to a hospital, where he died a day before his 65th birthday, said Russia's deputy U.N. ambassador, Vladimir Safronkov. The cause of his death was unknown. AP

Five killed as plane crashes into Australian shopping mall
Five people were believed killed when a light plane crashed in flames into a shopping mall on Tuesday in the Australian city of Melbourne, officials said.

The plane had taken off from Melbourne's second-biggest airport at Essendon on a chartered flight to King Island, 255 kilometres to the south, Neville said.

Police Assistant Commissioner Stephen Leane said it appeared that no one aboard the plane had survived. No one on the ground was injured. AP

Thousands of people across the United States joined in rallies during the federal holiday Presidents Day. GETTY IMAGES

Mass protests on Presidents Day

ACTIVISM!

Rallies across United States dubbed Not My President's Day

> I'm trying to demonstrate as much as possible until I figure out what else to do. Rebecca Wolfram

Thousands of demonstrators turned out Monday across the U.S. to challenge Donald Trump in a Presidents Day protest dubbed Not My President's Day.

The events on the federal holiday didn't draw nearly as many people as the million-plus who thronged the streets following the Republican president's inauguration a month earlier, but the message was similar.

Thousands of flag-waving protesters lined up outside Central Park in Manhattan. Many in the crowd chanted "No ban, no wall. The Trump regime has got to fall." They held aloft signs saying "Uphold the Constitution Now" and "Impeach the Liar."

A rally in downtown Los Angeles also drew thousands. Demonstrators there called attention to Trump's crackdown on immigration and his party's response to climate change and the environment. Organizers said they chose to rally on the holiday as a way to honour past presidents by exercising their constitutional right to assemble and peacefully protest.

In Chicago, several hundred rallied across the river from the Trump Tower, shouting "Hey, hey, ho, ho, Donald Trump has got to go."

Rebecca Wolfram of Chicago, who's in her 60s, said concerns about climate change and immigrant rights under Trump prompted her to start attending rallies.

"I'm trying to demonstrate as much as possible until I figure out what else to do," said Wolfram, who held a sign that said "Old white ladies are really displeased."

Several hundred demonstrated in Washington, D.C. Dozens gathered around the fountain in Dupont Circle chanting "Dump Trump" and "Love, not hate: That's what makes America great."

Dozens marched through midtown Atlanta for a rally named with a Georgia flavour: "ImPEACH NOW! (Not My) President's Day March."

Hundreds of protesters chanting "This is what democracy looks like" marched through Salt Lake City.

The Salt Lake Tribune reports that the crowd marched to push back against Trump and his administration's stance on such issues as the environment, immigration, free speech and Russia.

Some people raised signs that said "Not My President," while others held up a large American flag. Protester Reg Brookings warned the crowd that Trump is trying to divide the country by making such groups as immigrants the enemy.
THE ASSOCIATED PRESS

CALIFORNIA

Flood warnings issued amid heavy rain
Forecasters issued flash flood warnings Monday throughout the San Francisco Bay Area and elsewhere in Northern California as downpours swelled creeks and rivers in the already soggy region.

In the San Joaquin Valley, residents were patrolling levees for signs of danger, reviewing evacuation plans and filling hundreds of sand bags as the San Joaquin River kept rising. THE ASSOCIATED PRESS

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Moving abroad is taxing

RETIREMENT

Mutual funds, stocks included in departure tax

Planning to take that dream job overseas? Or making a permanent move to the U.S.? Your RRSP and other investments could be the last things on your mind. But they shouldn't be.

"There are tax implications to becoming a non-resident of Canada," says Abby Kassar, vice president, high net worth planning services, RBC Wealth Management Services.

When you are no longer a Canadian resident, the government requires you to sever ties to the country, meaning you are deemed to dispose of all of your assets at fair market value, with a few exceptions. Any unrealized gains will be subject to income tax — known as departure tax — even if you have not actually sold the property, she says. "Depending on the circumstances, the tax bill can be quite significant," says Todd Sigurdson, director, tax and estate planning with Investors Group. "The most common culprit of a large tax bill is the departure tax due on the deemed disposition of non-registered investments with large capital gains."

Assets subject to departure tax include stocks of all companies (public or private), mutual funds, exchange-traded funds, partnership interests, real estate owned outside Canada, foreign trusts and certain kinds of personal property that have appreciated in value.

TORSTAR NEWS SERVICE

150 WAYS of looking at Canada

POSTCARD NO. 21

GRAND PRE, NOVA SCOTIA

THIS PICTURE WAS TAKEN LAST AUTUMN AT GRAND PRE, NOVA SCOTIA, WITH BEAUTIFUL CAPE BLOMIDON IN THE BACKGROUND. I THINK IT IS THE MOST STUNNING PICTURE OF THE ANNAPOLIS VALLEY AND IT TAKES MY BREATH AWAY WHENEVER I SEE IT. **JILL RHYNO**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

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EMPLOYMENT

Uber accused of sexism

Uber's chief executive ordered an urgent investigation Monday into a sexual harassment claim made by a female engineer who alleged her prospects at the company evaporated after she complained about advances from her boss.

Travis Kalanick responded on Twitter to an open statement by Susan Fowler Rigetti about her year at the ride-hailing app. In a blog post titled Reflecting On One Very, Very Strange Year At Uber, Rigetti says the company's human resources department ignored her complaints because her boss was a high performer. In her blog, Rigetti said that on her first official day with the company, her boss propositioned her in a string of messages on the company chat.

Rigetti left the team. But she said as she tried to progress in the company, she found her way blocked.

She alleged sexism was rampant, and when she pointed that out at a company meeting, she was rebuffed.

THE ASSOCIATED PRESS

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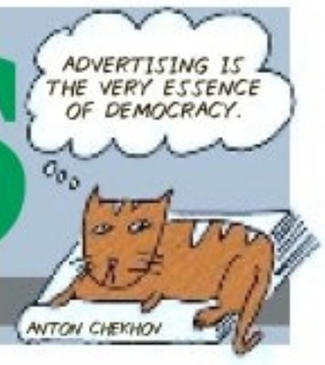

PHILOSOPHER CAT by Jason Logan

SHREE PARADKAR ON MARKETING TO GIRLS

There's nothing ha-ha funny or cute about clothes that blare out words such as 'Allergic to Algebra.'

Re-write A 30-town campaign boasts empowering billboards. SUPPLIED/CANADIAN WOMEN'S FOUNDATION

If apparel proclaims the man, when it comes to girls, it appears to proclaim them sexual objects from a young age.

It's 2017, and objectification of girls should be a long-shunned shame of the past. Maybe there is such polarization on the perception of equality that negative messages for girls are blindingly obvious to some and completely obscure to others.

What else might explain push-up bikinis made for little girls or clothes with dumb messages, or, for heaven's sakes, pacifiers that say "Flirt."

There's nothing ha-ha funny or cute about clothes that blare out words like "Future bride," "Allergic to Algebra," and "I only date heroes."

Pressure on girls has intensified instead of easing up. They have to look pretty, as defined by euro-centric values, they have to be thin, and even sexy. The window to build resilience is rapidly shrinking.

The number of girls under age 18 who got breast implants tripled, from 3,872 to 11,326 in one year (from 2002 to 2003), an American Psychological Association report says.

Women's bodies have historically been decorative sexualized objects, but girls are not miniature women. Their still-forming ability to process messages makes them susceptible to marketing.

It's easy for me to roll my eyes at the magazines on grocery check-out counters featuring digitally manipulated images of thin, tall white women. But when I see diverse little girls gazing at them in wonder my heart sinks as they soak in the glamour and unconsciously create illusory ideals of beauty.

Perhaps those who buy and sell these hyper-sexualized messages have themselves bought into narrow ideals of female attractiveness.

The question is, how to break that cycle?

A cross-Canada ad campaign launched last week is trying to neutralize some of these harmful missives. For about six weeks, 30 cities and towns will feature dozens of highway billboards and subway posters roaring out messages like "Follow your dreams, even the wild ones," "Girls are fierce like tigers" and "You don't need to be perfect, you need to be YOU!"

These messages, from Fayla, 9, Julia, 7, and Ava, 7, (in that order), were selected for Toronto from thousands that poured in from across Canada in a #GirlPowered campaign co-created by the Canadian Women's Foundation and ad agency Havas.

"We wanted to use the same media to send out a different message that was oversized and empowering," says Paulette Senior, president and CEO of Canadian Women's Foundation.

"Girls are powerful beyond what they know themselves to be."

The campaign launched in October, when it marked the International Day of the Girl Child with an event in downtown Toronto. Young girls were asked to share a message for their peers, then their responses were flashed on a billboard in real time. The excited reactions resulted in a heartwarming video that got shared by Upworthy, meaning, instead of the hundreds of views the organizers expected, it got hundreds of thousands.

Cory Eisentraut, the VP and Creative Director of Havas Canada, is in talks to re-make the concept internationally.

I wonder, though, if campaigns like these spur conversations in households where parents are already reflective. What role do they play in changing minds?

The best hope for systemic change is when women take on corporate leadership roles.

By some estimates, it will take about 40 years for North American boardrooms to achieve gender parity. Looks like we're relying on the "girls are tigers" messengers to also do the heavy lifting in the future.

Let us, as adults at least, enable them by dialing down our dumbness.

Shree Paradkar is a Toronto Star columnist and editor. She tackles race and gender.

Vancouver Uber allies

CITY HOLLER
Trish Kelly

BC Green Party Leader Andrew Weaver has proposed legislation that would bring Uber and services like it to our province.

His second kick at this can, he's announced it in the lead-up to the May provincial election. And it might get somewhere: the BC Liberals say they will take a position on ride-sharing before the election.

Weaver's ride-sharing bill is careful to offer some appeasement for each type of Uber naysayer.

Those who want rideshare drivers to go through similar vetting to taxi drivers will be happy to see the proposal includes annual criminal record checks, as well as a duty to report licence suspensions and address changes.

For the taxi industry, Weaver offers a way to divvy up the car-for-hire market, proposing that ride-share companies be limited to accepting business through an app and banned from accepting street flags.

He also poses that rideshares be prohibited from taking cash trips. Though this may sound limiting for the ride-share market, operators wouldn't be required to offer wheelchair-accessible service, which can be expensive business to handle.

Though the proposal gives traditional taxi companies some protected business, I can't imagine it will be enough to reverse their opposition.

The protected piece of the pie will likely be the tougher side of the car-for-hire business — a protected customer base that includes those with accessibility needs, lower income residents who carry cash because they don't have credit, or those without the smart phone needed to use an app-based service.

The proposal is focused on appeasing the various lobbies, but it misses why people like using Uber.

It is often faster to hail a ride and it offers a better user experience than traditional taxis.

On a recent trip to a U.S. city with a large Uber fleet, I waited no more than two minutes for any ride. Drivers were customer service focused to the point of cloying, offering breath mints and bottles of water during the shortest of trips.

Both the ruling government and Weaver stress the need for public consultation on the future of ride-sharing, likely code for: if enough voters say it matters, the government could find the strength to out-maneuver the lobbyists.

Over 100,000 Vancouverites have downloaded the Uber app — more than an impressive customer base, it's a whole lot of voters.

If you want Uber, make sure you're registered to vote, and tell every party that asks it's an election issue for you.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc.

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metro LIFE

Your essential daily news

Tuesday, February 21, 2017

Right-wing provocateur Milo Yiannopoulos' publisher has cancelled his planned book, Dangerous. The Simon & Schuster announcement came after the Breitbart editor tried to clarify his comments on child abuse.

Life without an Instagram filter

HEALTH

More people opting to switch off from device-driven days for a digital detox

When songwriter Natasha Valencia lost her phone three times in one day — at a coffee shop, in her car, and under a pillow — she wasn't bothered.

In fact, she felt more "in control" that Sunday in December. When her boyfriend found her iPhone 5S and offered it back to her, she didn't want it.

"I felt a little freer to go about my day not attached to anything, not feeling like I needed a device to get through the day," she says.

So Valencia, 22, decided to make going phone-free a Sunday habit. Her accidental digital detox is now deliberate. Every Saturday night, instead of charging the phone at her bedside, she leaves it on silent mode in a drawer of her apothecary table until Monday morning.

"Out of sight out of mind," says the Torontonian. "I've noticed my thoughts are clearer on those days (without my phone)."

The products of the digital age — smartphones and laptops and tomorrow's innovations — are increasingly met with trepidation as the "dark side" to these devices, are exposed, says technology analyst Carmi Levy. The potential to be hacked, tracked, robbed, and overworked or to become an "addict" to our devices is a growing concern. The discourse has changed from one of innovation and awe to apprehension.

"We're increasingly looking for solutions that allow us to disconnect, and gracefully find some time to recharge our battery," says Levy.

"Digital detox" is now part of the lexicon as weekend getaways encourage "unplugging." Social networking sites rise and fall like the short-lived video-sharing Vine app, and other goliaths including Facebook are losing users, according to tech research groups. More people are downgrading to flip phones, those relics of the early decade, according to research firm IDC. Nokia is rumoured to be launching a throwback to the basic cellphone it first sold 17 years ago, according to VentureBeat.

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," says Levy. We're overworked and over-connected. "Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

That lifestyle began in January 2007 when Apple launched the iPhone. South of the border, it was called a revolution by founder Steve Jobs. "Every once in a while a revolutionary product comes along that changes everything," said Jobs.

Levy remembers the launch "like it was yesterday."

"I often call these moments inflection points, and Jobs' reveal certainly was one," he says. Smartphones started the "mobile revolution" changing how the world communicates.

A few months earlier, Mark Zuckerberg had opened Facebook. The iPhone would become the dwelling place of the social network with more than 147 million monthly active users by 2013.

Some who desire an escape from their digital life literally run for the hills. A Toronto "camp for adults" asks some 250 participants to "step away from their adult persona and find their inner kid," says Emma Brooks, one of eight co-founders of Camp Reset, an "adult summer camp and digital detox" offering its fourth four-day excursion this June at Camp Wahanowin in Orillia.

Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices. Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices, which are discarded in a ceremony at the start of the weekend. Campers take a no-phones pledge and press a giant wooden button with the word "RESET" on it.

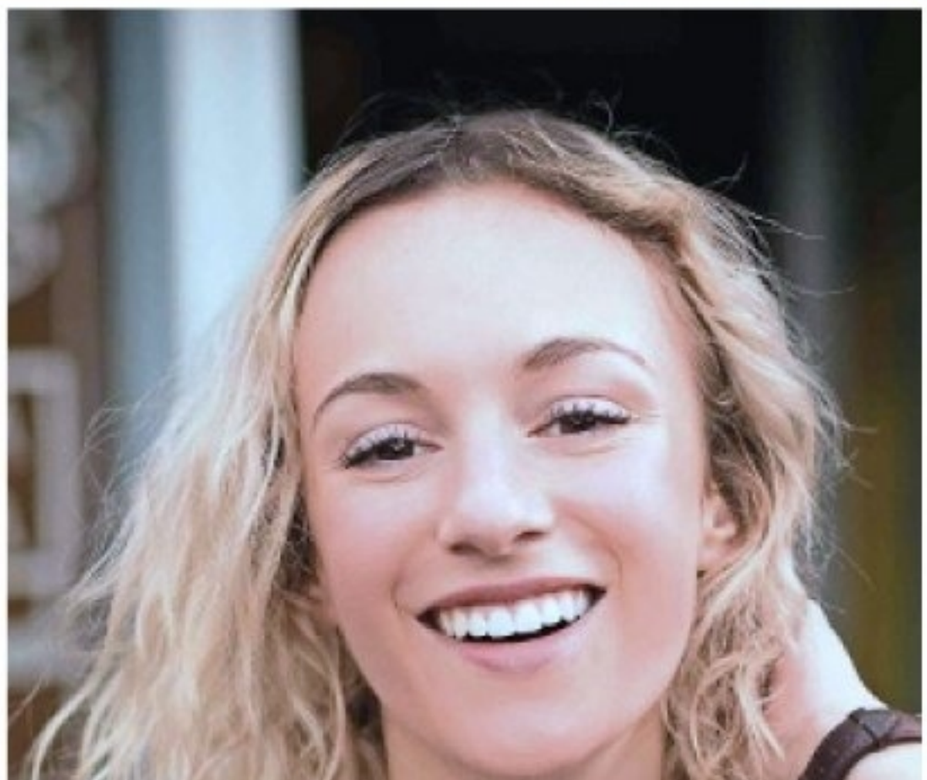
A similar pledge was the task at hand for the mostly 19- and 20-year-old students in Trent Cruz's Social Media, Virtual gaming and Networked Life class at Western University. His students defined the terms of their own weeklong digital cleanse — some cut out certain apps, others put their phones aside entirely — and wrote journal entries about the experience.

"There's a lot of anxiety around social media, the use of it or abstaining from it," says Cruz. This is why it was so difficult for his students to abstain from sites and apps including Facebook and Snapchat. Among their biggest concerns were the fear of missing out, or FOMO, and what to do when they were alone.

Valencia learned to give herself "permission" to be alone during her Sunday detox as though the mobile revolution of the last decade forced a kind of obligatory connection. Now she's more aware of the time she spends on devices during weekdays and how it affects her anxiety levels and her music.

"Being alone is good," she says. "You just kind of sit."

Now when she's out shopping and waiting for a friend or writing at a coffee shop, she chooses to "look around at the world," instead of at a screen. Especially on Sundays. TORSTAR NEWS SERVICE



Natasha Valencia, 22, is a Toronto songwriter who accidentally detoxed from her iPhone one Sunday and has made a point of doing a Sunday detox every week from her devices and social media. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Crashing on the couch of a really Lazyman Comedy

In Crashing, Pete Holmes crashes on the couches of better comedians who make guest appearances. CONTRIBUTED

THE SHOW: Crashing, Season 1, Episode 4 (HBO)
THE MOMENT: The drug deal

Pete (Pete Holmes), a meh comedian whose wife just left him, is passing out flyers for a comedy club when a rival comic steals his corner. Detouring down a side street, he interrupts two guys doing a weed deal.

"I'm so sorry, I'm not a narc," Pete sputters to the dealer. "Though I'm sure that's what narcs say. They're not going to say, 'I'm a narc.'" After another minute of this, Pete asks Dealer how to get his corner back.

"Set it off," Dealer says. "Be a man. Represent."

"Represent an attitude?" Pete asks, earnest but bemused.

"You gotta flip the switch," Dealer says. "You gotta light it up." "Sorry," Pete says, "but this sounds like lyrics from the album Willenium."

There's a potential comic riff in here somewhere, about how square white guys think black guys are automatically cooler. But Holmes, who also writes the show, and Judd Apatow, who directs and produces it, didn't bother to find it. Instead, they let things meander in the general direction of funny.

The series' conceit is that in every episode, Holmes crashes on the couches of better comedians who make guest appearances — an excuse for Apatow to hang out with his pals. So it has the vibe of improv, but without any shape or sharpness. It's Lazyman Comedy.

"I'm too soft to be in a fight," Pete says. "I'd be like a mattress going at it." It's a good description of the show. What I can't figure out is why we're supposed to care.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

URBAN LIVING

Millennials branch out by nursing plant babies in jungalow

Erin Kobayashi
Torstar News Service

My condo started transitioning into an urban jungle when I brought my outdoor plants inside for the winter. Despite my indoor plant collection doubling in size, I continued rescuing sad tropicals from the basements of retail stores. I stalked nurseries for chubby baby succulents to add to my thriving plant family.

But at 19 plants and counting, I wondered if I was referencing interior designer Justina Blakeney's maximalist "Jungalow" style or showing early signs of a serious hoarding problem.

Igor Josifovic and Judith de Graff, the founders of Urban Jungle Bloggers, recognize my plant addiction and actually celebrate the lifestyle on their blog and social media accounts every day.

"We believe that in today's fast-paced, digitalized world we need to reconnect with nature. Especially the urban dwellers," says Josifovic, "We want a connection to something so basic yet so essential, that will remind us of the 'natural pace of life' beyond smartphones."

After years of running a successful plant blog, in January 2016 Josifovic and de Graff launched the Urban Jungle Bloggers Instagram account and were shocked by its rapid growth.

In just over a year, they had a whopping 270,000 followers, mostly women between the ages of 18 and 45. Josifovic suspects the enthusiasm for slow-growing, green spaces is a reaction to life in the fast-paced concrete jungle.

Millennials surrounded by concrete are creating an urban jungle in their apartments. CARLOS OSORIO/TORSTAR

Lack of time and limited space can also explain millennials' growing interest in houseplants. This segment of the population is working longer hours and a higher proportion are living in condos that often regulate pet ownership, making plants a cheaper, easier alternative. Given the circumstances, a nursery for plants rather than for human or "fur" babies sounds perfectly logical.

"For me, they are definitely a sort of replacement as I can't have a pet but I still want something living and thriving in my home," says Josifovic,

Nurseries and garden centres have all seen a small but steady spike in millennial-aged gardeners purchasing houseplants.

Nelson French, an assistant manager at Plant World in Etobicoke echoes Josifovic.

"Plants are a great place to start if you're not sure you're ready to become a parent." He says, "Move from plants to pets and then, just maybe, to kids."

Jewelry designer Sonia Kang, 29, reassured me that if my plants were healthy, I was not a hoarder but rather, a proud plant parent or crazy plant lady. She should know.

Kang lives in a 409-square-foot bachelor apartment in Toronto's west end with a dog, a guinea pig, and 140 plants, specializing in tropical foliage and citrus trees.

"I had to get curtains around my bed. I can't sleep at night because I have grow lights on. My citrus trees require eight to nine hours of light to fruit," she says.

But sacrificing sleep was worth it. "I feel happiness," she says, citing a study by the University College London and Bristol University that naturally occurring soil bacteria has a proven mood-boosting, antidepressant effect. "Gardening caters to my more nurturing side."

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"I didn't play any defence": NBA All-Star MVP Anthony Davis who had a record 52-point game in the West's 192-182 win on Sunday in New Orleans

'We haven't quit yet'

CANUCKS

5-day break comes with team 4 points out of playoffs

All the Vancouver Canucks can do this week is wait and hope.

The club began its NHL-mandated five-day break Monday after a hectic stretch that saw Vancouver conclude a six-game road trip, get 24 hours off and then play back-to-back nights at home.

Sitting four points adrift of the Calgary Flames for the second wild-card spot in the Western Conference, and with most of the other teams around them in the playoff chase also in action, the Canucks will have a keen eye on the out-of-town scoreboard.

At the end of the day we've just got to come back and do our part and get points.
Ben Hutton

"We've put ourselves in a spot where we need other teams to lose," said Vancouver captain Henrik Sedin.

The Canucks ground out a 2-1 overtime victory Saturday against Calgary, but dropped a 3-2 decision to Philadelphia on Sunday where they found themselves down 3-0 early in the second period.

With 58 points through 60 games, Vancouver will probably need somewhere in the neighbourhood of 30 points from its final 22 contests to have any chance of making the post-season.

For a team that, apart from one six-game win streak, has only won four in a row once this season — and that included a shootout triumph and two overtime victories to open the schedule — it seems like a tall order.

"You look at the last road trip where we come away from that being 2-4 and it feels like we should have a couple more points," Sedin said Sunday night. "Great teams, they put six, seven, eight wins together. We've had a tough time doing that, but saying that we're still in the race.

"We're getting a few days off then we're back at it. Two, three wins and we're right there. That's the way we've got to look at it."

Part of the reason for Vancouver's inability to string together victories has been its putrid 28th-ranked power play and almost-as-bad 24th-ranked penalty kill.

The Canucks had just two shots in four power plays against the Flyers and also gave up two goals while shorthanded. All told, the team is 0-for-12 with the man advantage over its last four games and has surrendered four power-play goals against in its last three outings.

"We haven't quit yet," said goalie Ryan Miller. "We just have to keep building good games."

Vancouver will return to practice on Friday at 4 p.m. before hosting a Saturday night tilt against San Jose, winners of nine straight regular-season games at Rogers Arena dating back to January 2012.

Clubs coming off their bye weeks have preformed poorly — a combined 3-12-4 in the first game back — but Miller said the pause comes at a good time.

"We have some guys that can benefit," he said. "You have to have time to recover at some point. We have some guys that are banged up."

After the weekend meeting with the Sharks, the Canucks host Detroit on Feb. 28 in their last game before the NHL trade deadline on March 1.

THE CANADIAN PRESS

The Canucks' Reid Boucher, front, is checked by Pierre-Edouard Bellemare of the Flyers at Rogers Arena on Sunday. DARRYL DYCK/THE CANADIAN PRESS

MLB

Stroman intent on a better '17

Marcus Stroman wasn't as consistent as he wanted to be in his first full season in the major leagues last year.

So the Blue Jays right-hander streamlined his mechanics in an effort to turn things around.

"Mechanically I got a little out of whack at some point and I just simplified everything on my own," he said on Monday, speaking to reporters for the first time this spring. "That's something I'm going to do this year, kind of in my delivery and my motion, but I feel great.

"I'm excited for what I'm going to do."

Marcus Stroman
GETTY IMAGES

Stroman was part of a Toronto rotation that led the American League with a 3.64 earned-run average, a .236 batting average against, and a major-league best 995-1/3 innings pitched last season.

The 25-year-old accounted for 204 of those innings, making him the only Blue Jays starter to surpass 200 on the year. But while he showed durability, Stroman's numbers weren't so impressive: he finished with a 9-10 record and 4.37 ERA through 32 starts.

This year he wants to do better. He took that goal into his off-season training.

"I take unbelievable care of my body. I pride myself on that," Stroman said. "(I'm) five-foot-seven, but that's something that I'm very confident in is my body and what I'm able to do out there.

"I'm pretty sure I can go out there and throw 200, 220, 240 (innings), I feel like I can do that year-in, and year-out, that's the goal, as well as being dominating each and every outing."

THE CANADIAN PRESS

I think it might do him some good to go out there and compete in that WBC. That's right up his alley.
John Gibbons

NBA

Kings deal all-star Cousins to Pelicans

DeMarcus Cousins is on his way out of Sacramento — and right into an All-Star frontcourt pairing with Anthony Davis.

The New Orleans Pelicans acquired Cousins in a five-player, two-draft pick deal with the Kings late Sunday night, the same night the centre was playing in the All-Star Game in their arena.

The Kings dealt one of the most talented but temperamental big men in the game along with Omri Casspi to New Orleans for Tyreke Evans, 2016 first-round draft pick Buddy Hield, Langston Galloway and first- and second-round draft picks this summer.

DeMarcus Cousins
GETTY IMAGES

Cousins is averaging 27.8 points and 10.6 rebounds this season. He is to become a free agent in 2018. THE ASSOCIATED PRESS

IN BRIEF

Homan, Englot perfect after 5 matches at Scotties

Ontario's Rachel Homan and Manitoba's Michelle Englot stayed unbeaten and out front at the Canadian women's curling championship Monday.

Homan won both of her matches Monday, including a 9-3 win over Nova Scotia's Mary Mattatall. She was joined at 5-0 by Englot, who also capped a two-victory day by beating Krista McCarville of Northern Ontario 8-7.

THE CANADIAN PRESS

NHL

Trouba suspended for illegal check

The NHL has suspended Winnipeg Jets defenceman Jacob Trouba for two games for an illegal check to the head of Ottawa Senators forward Mark Stone.

The incident occurred at 6:42 of the third period of Winnipeg's 3-2 win in Ottawa on Sunday. Stone had just made a pass in the Winnipeg zone when Trouba hit him with an open-ice elbow to the head.

Stone did not return to the game but has travelled with the Senators for their upcoming road trip. Trouba was assessed a minor penalty for illegal check to the head on the play.

THE CANADIAN PRESS

Jacob Trouba's hit on Mark Stone. THE CANADIAN PRESS

MAKE IT TONIGHT

Elegant Chicken Milanese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner has two personalities: elegant, adult dinner or (cut in strips) high-end chicken fingers.

Ready in 30 minutes
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side till golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

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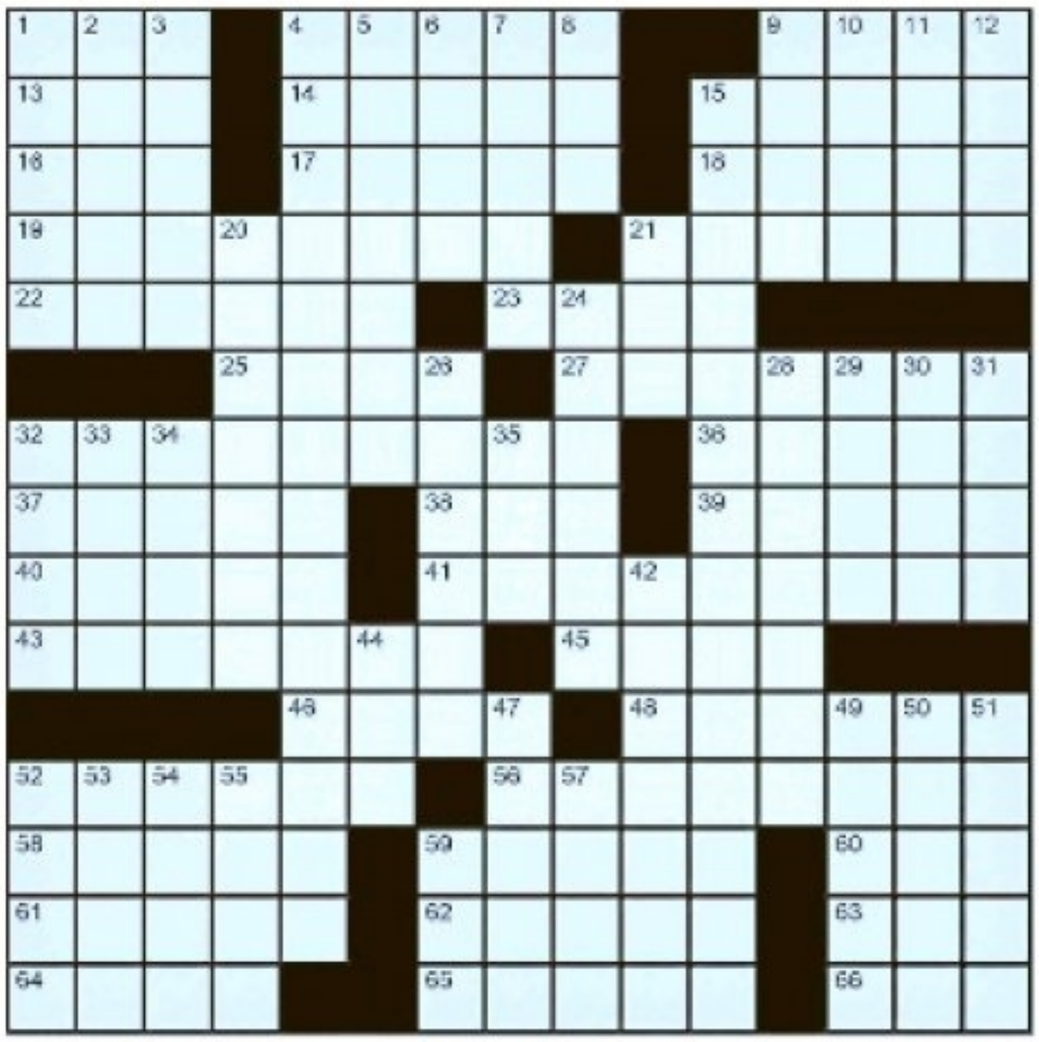
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Scammed
4. Blanketed, to a Bard
9. Boxer's pre-bout garb
13. U2 rock co-producer Brian
14. Actress Ms. Hayes (b.1900 - d.1993)
15. Two-footed
16. Bed-and-Breakfast
17. Towards the ship's left side
18. Overturn
19. Ready: 3 wds.
21. Hysteria
22. "Don't Forget the __" (Game show)
23. Think, archaically
25. "Dr. __"
27. Dutch scholar who wrote The Praise of Folly
32. Vintage house heaters
36. Like unfresh bread
37. Cheese-making process
38. Hair salon product
39. Raise with effort
40. So much, in music
41. Refined fellow
43. Forest of France
45. Golfing hazard
46. Non-verbally agrees
48. Join the army
52. Layout/structure
56. Propensity
58. Egg-shaped
59. __ Quebecois (Political group in Quebec)
60. Pinnacle
61. Like from-the-past fashions
62. Inert†gas
63. "The Golden Girls" name
64. Human 'cap' site
65. Unjustly treat
66. Alternatives

DOWN
1. Katherine of new CBS legal drama "Doubt"
2. Bother
3. Blood giver
4. "__ __ (When I'm Gone)" by Chilliwack
5. Store, as a library book
6. Bump on __
7. Ross who ran for President in the 1990s
8. Wile E. Coyote's blaster
9. Ready for the picking
10. Frank
11. Mercedes-__
12. Country star Mr. Arnold
15. Yukon community on Kluane Lake which is home to the Kluane First Nation: 2 wds.
20. Take, as from a savings account: 2 wds.
21. Pro
24. Begrudge
26. Wedged/stuck
28. Distinctive church feature
29. "Yes, __!"
30. Sea lettuce
31. Perceived
32. __-__-tat-tat
33. Culture†medium
34. Kitchen timer sound!
35. Deli bread
42. Canadian Forces Base community in Southern Ontario
44. __ much (Few)
47. Liverpool drumming legend Ringo
49. Something's start, shortly
50. Thoroughly search or examine
51. Writes using a computer keyboard
52. Spoon's pal
53. Vegetable-roasting place
54. Automatic
55. Morass
57. Consequently
59. Poodle's foot

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to lead others. You will be effective in dealing with friends, but you'll be especially effective with groups. Your enthusiasm will carry the day.

Taurus April 21 - May 21
You impress bosses, VIPs and parents today with your enthusiasm and ability to express yourself in positive terms. It's easy for you to sell any idea that appeals to you.

Gemini May 22 - June 21
This is the perfect day to make big travel plans. This also is a good day to make plans for education, publishing, the media, medicine and the law. Your optimism shapes your thinking.

Cancer June 22 - July 23
Discussions about inheritances and how to divide shared property will be successful today, because all parties will be fair and positive. Everyone will be pleased with results!

Leo July 24 - Aug. 23
Discussions with friends and partners will be upbeat and positive today. It's a great day to make plans for the future, especially about travel and dealing with foreign countries.

Virgo Aug. 24 - Sept. 23
Work-related travel will appeal to you today. You also are enthusiastic about practical plans related to your job. (You're not afraid to tackle something big.)

Libra Sept. 24 - Oct. 23
Creative projects, sports events and your work with children will get a lovely boost today, because you're thinking like a winner! Your optimism is the secret of your success.

Scorpio Oct. 24 - Nov. 22
Go forward with important family discussions today, especially if they relate to major repairs for the home. People are enthusiastic about what can be achieved.

Sagittarius Nov. 23 - Dec. 21
Short trips will delight you today. This is a good day to study anything new or to impart information to others, because people are willing to entertain new ideas.

Capricorn Dec. 22 - Jan. 20
Business and commerce are favored today. Look for ways to boost your income or to get a better job. Work-related travel will appeal.

Aquarius Jan. 21 - Feb. 19
You're in a positive frame of mind today because you expect good things for yourself in the future. Because your expectations are positive, it's quite likely that good results will follow.

Pisces
Feb. 20 - March 20
Research of any kind will go well today because you are in the right frame of mind. You instinctively will investigate areas that will yield the best results.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								7
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5	1	8	4	7	3	9	6	2
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6	7	5	8	3	1	2	4	9
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